

The FREER Pilot Study: Family in rehabilitation: empowering carers for improved malnutrition outcomes

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The FREER Pilot Study

Family in Rehabilitation: EmpowERING Carers for
Improved Malnutrition Outcomes

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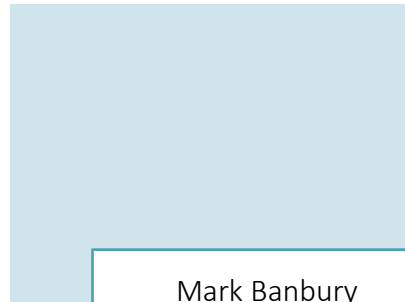
Dr. Barbara van de Meij



Dr. Clare Collins



Dr. Marian de van der
Schueren



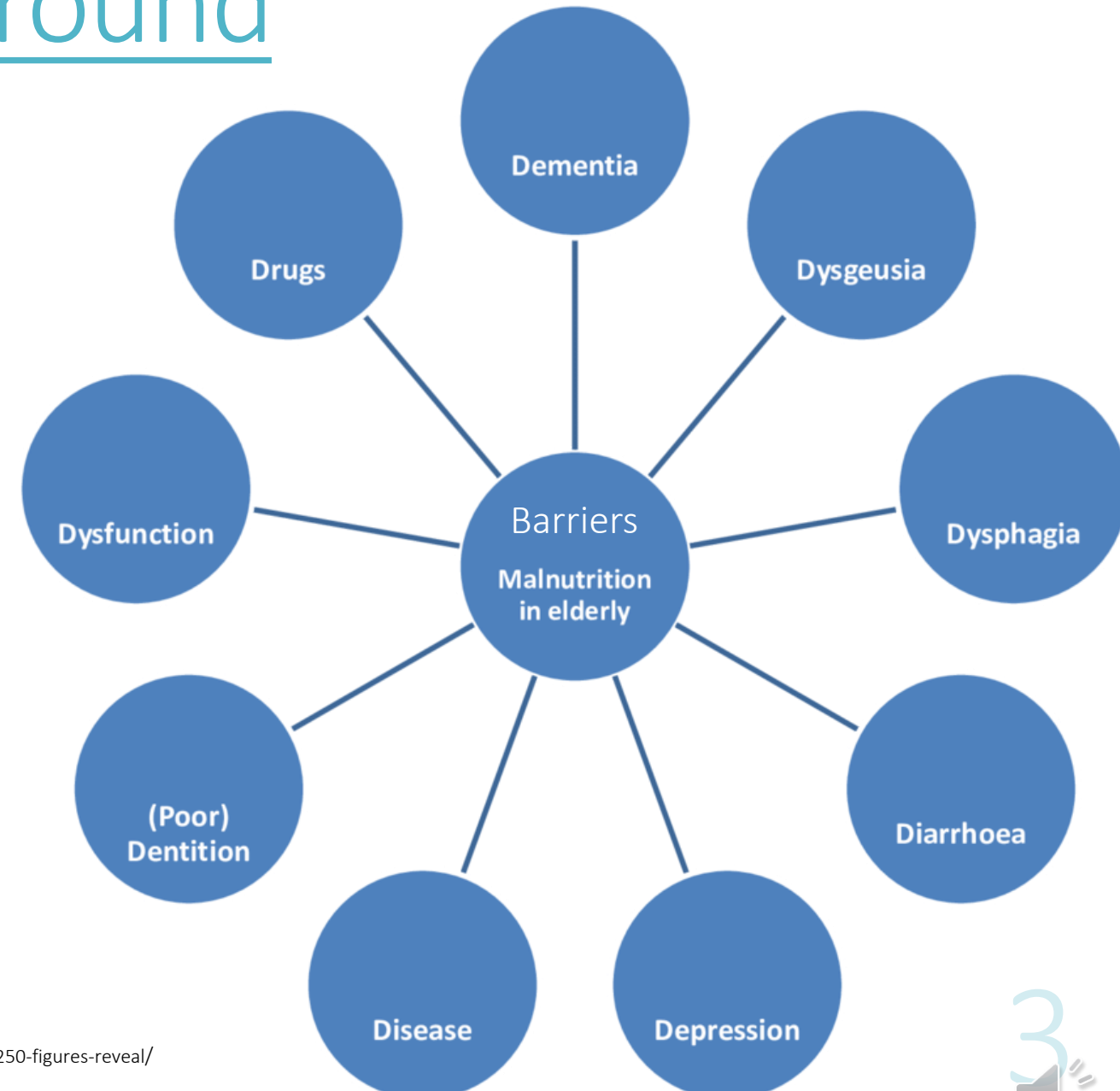
Mark Banbury



Dr. Rachel Milte

Background

Protein-Energy Malnutrition
50% for Rehabilitation

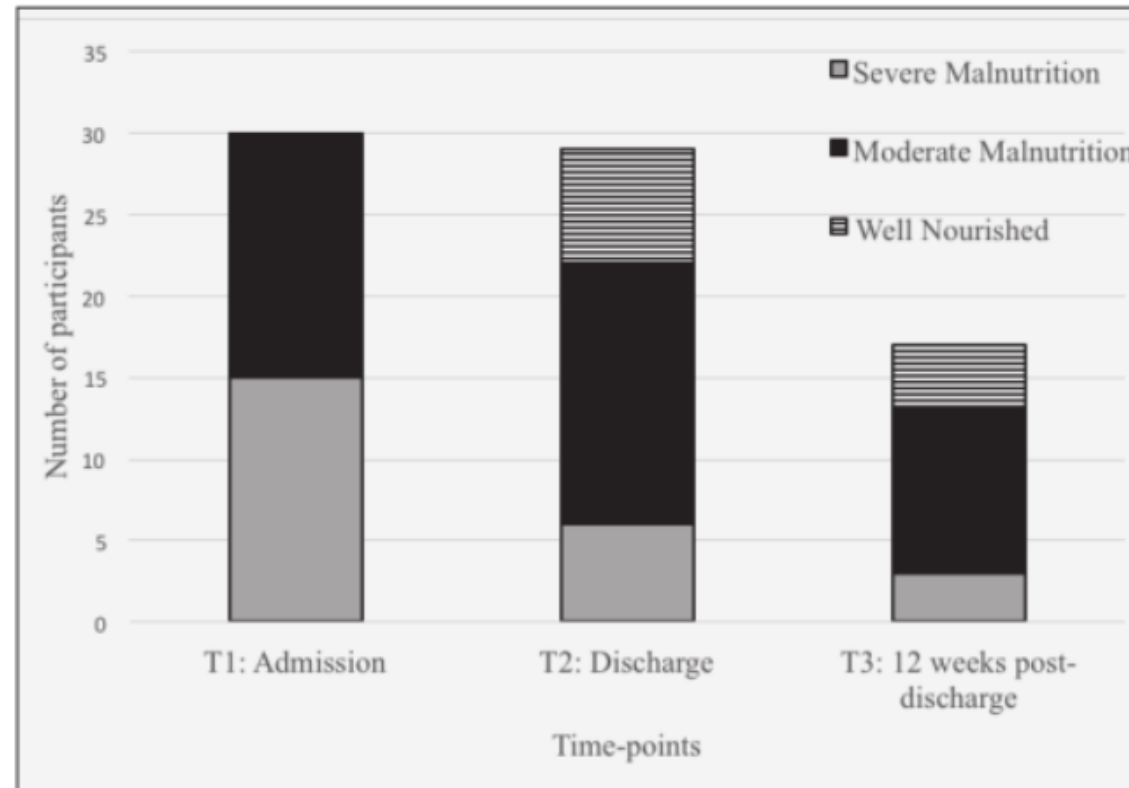


<https://www.thesun.co.uk/news/10872640/number-of-elderly-patients-admitted-to-hospital-with-malnutrition-rise-by-250-figures-reveal/>

Marshall, S., Young, A., Bauer, J., & Isenring, E. (2016). Malnutrition in Geriatric Rehabilitation: Prevalence, Patient Outcomes, and Criterion Validity of the Scored Patient-Generated Subjective Global Assessment and the Mini Nutritional Assessment..

MALNOURISHED OLDER ADULTS ADMITTED TO REHABILITATION IN RURAL NEW SOUTH WALES REMAIN MALNOURISHED THROUGHOUT REHABILITATION AND ONCE DISCHARGED BACK TO THE COMMUNITY: A PROSPECTIVE COHORT STUDY

S. Marshall¹, A. Young², J. Bauer³, E. Isenring⁴



Issue

Short-term nutrition care during rehabilitation admission is not sufficient for long-term nutrition outcomes for older inpatients.

Patient- and Family Carer- Centred Care Model



<https://www.theguardian.com/world/2020/mar/13/experts-question-bupa-care-home-ban-on-most-family-visits>

<https://www.nursingtimes.net/clinical-archive/dementia/helping-family-carers-to-cope-with-dementia-11-07-2016/>

Objectives

The primary outcome aimed to determine if the FREER intervention in malnourished older adults during and post-rehabilitation improve **nutritional status**, compared with the usual care.

Secondary outcomes evaluated physical function, quality of life, hospital and aged care admission post-discharge, family carer burden, and patient and family carer service satisfaction.

Method



A pragmatic two-arm historically-controlled prospective pilot intervention study.

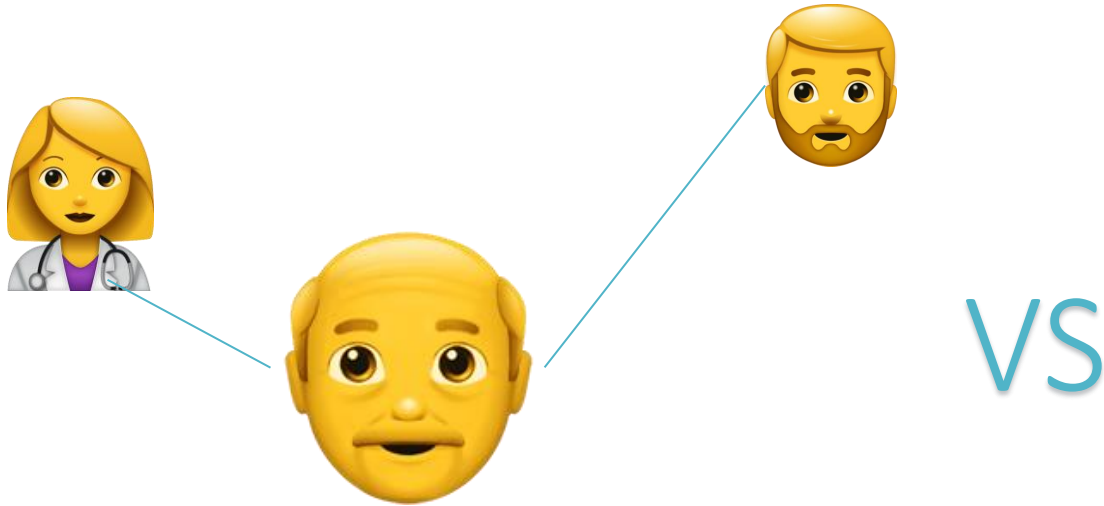


Rehabilitation unit in rural New South Wales, Australia.



Older adults (≥ 65 years)

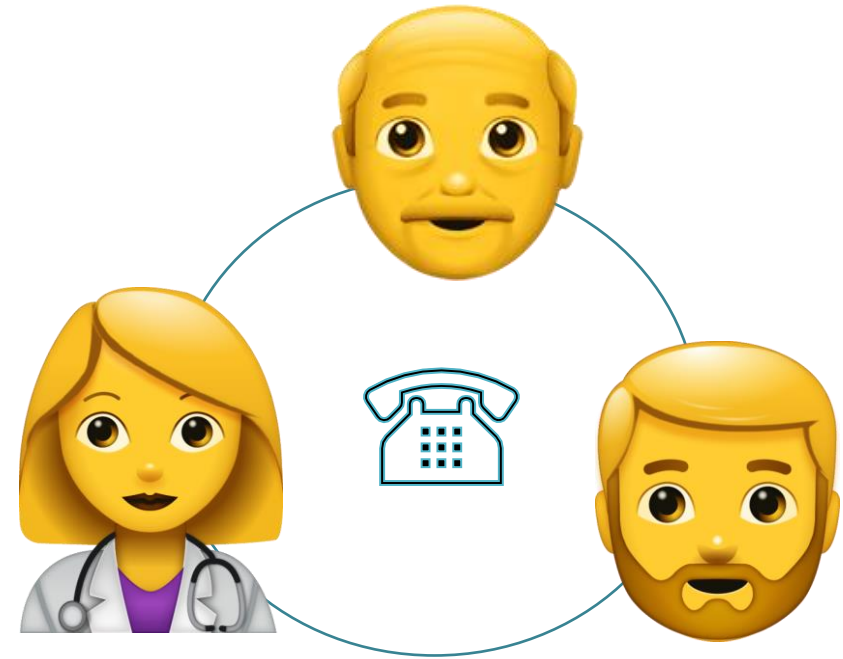
The FREER Intervention:



Historically Controlled group:

Patient- centred care

1. Standard High Protein High Energy diet during admission.
2. Standard nutrition support.



Intervention group:

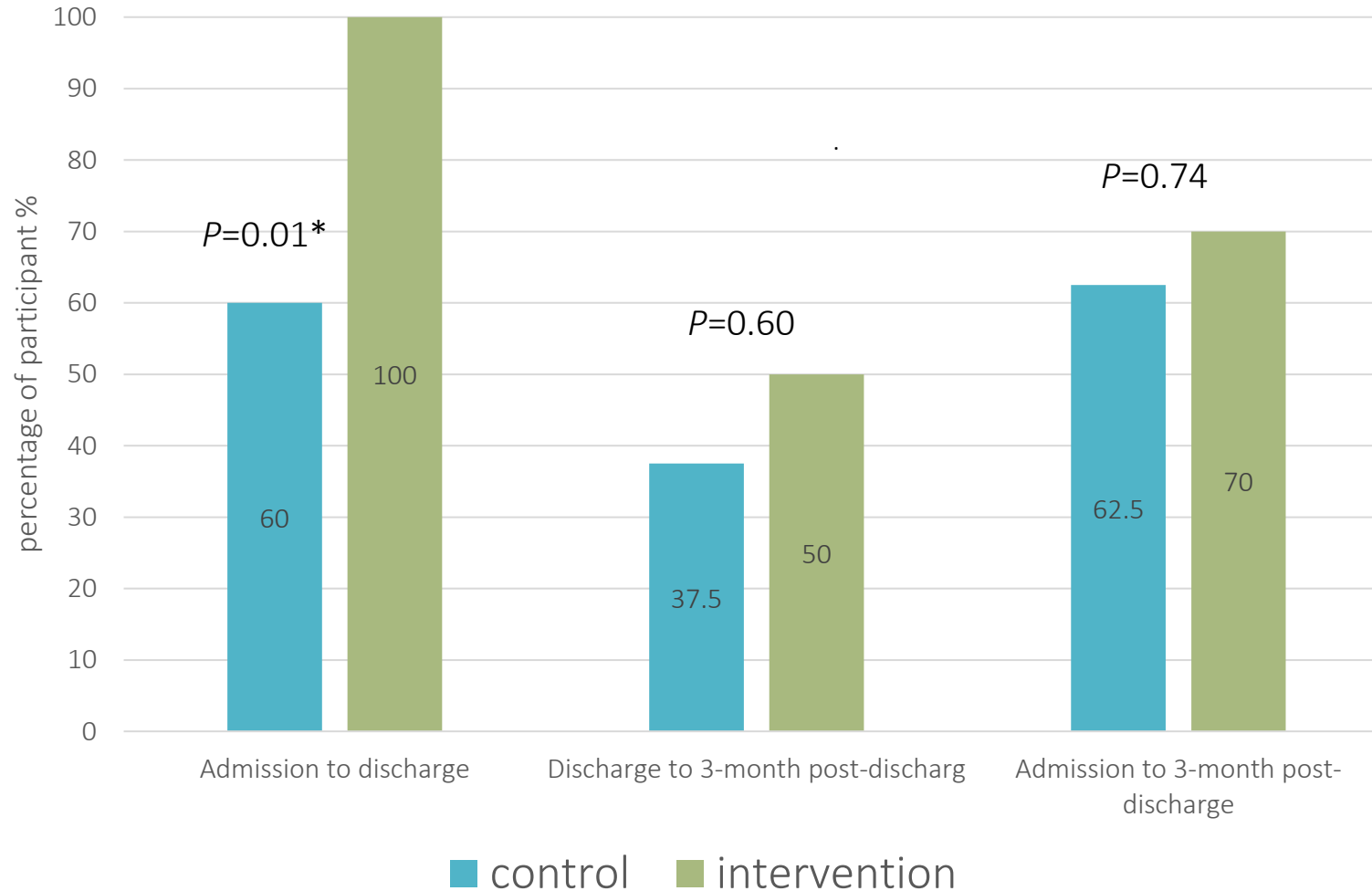
Patient- and Family care- centred nutrition care using 3 strategies:

1. Nutrition counselling during rehabilitation admission
2. Telehealth follow-up during 3-month post-discharge
3. Provision of individualized education resources



Finding 1: Nutrition Status

Improvement in Nutritional Assessment score Between two groups
between timepoints



Finding 2:

- More participants in the intervention group were discharged to the community (home or to family and friends), and fewer were institutionalised compared to the control group ($p < 0.01$).



Finding 3: Carer burden

- Little or no burden was reported to most of family carers pre and post the rehabilitation (>80%, n=10 at 3-month post-discharge).
- Participants (67%) and family carers (60%) reported a good or very good overall satisfaction with the intervention.



Discussion & Recommendation

Positive impacts

Translation into practice

Inform a full RCT

Growing demand

Continuum of nutrition care policy

Limitations

Study design: used historical control group.

Data collection was not blinded.

Acknowledgement

Hannah Mayr: APD, Subject Convenor

Evelyn Rathbone: Bond Statistician

Conflicts of interest:

None declared.

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Reference

Marshall, S., Young, A., Bauer, J., & Isenring, E. (2016). Malnutrition in Geriatric Rehabilitation: Prevalence, Patient Outcomes, and Criterion Validity of the Scored Patient-Generated Subjective Global Assessment and the Mini Nutritional Assessment. *J Acad Nutr Diet*, 116(5), 785-794. doi:10.1016/j.jand.2015.06.013

Marshall, S., Young, A., Bauer, J., & Isenring, E. (2015). Malnourished older adults admitted to rehabilitation in rural New South Wales remain malnourished throughout rehabilitation and once discharged back to the community: A prospective cohort study. *Journal of Aging Research & Clinical Practice*, 4, 197-204. doi:10.14283/jarcp.2015.72

Allen, D., Scarinci, N., & Hickson, L. (2018). The Nature of Patient- and Family-Centred Care for Young Adults Living with Chronic Disease and their Family Members: A Systematic Review. *International journal of integrated care*, 18(2), 14-14. doi:10.5334/ijic.3110

Thank You !
Questions?